

## USDA National Nutrient Database for Standard Reference Release 27

# Statistics Report 12023, Seeds, sesame seeds, whole, dried

**Report Date:October 09, 2015 17:41 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	4.69	65	0.180	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Energy	kcal	573	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1984
Energy	kJ	2397	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Protein	g	17.73	61	0.256	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Total lipid (fat)	g	49.67	58	0.501	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Ash	g	4.45	59	0.152	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Carbohydrate, by difference	g	23.45	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1984
Fiber, total dietary	g	11.8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Sugars, total <a href="#">1</a>	g	0.30	--	0.006	0.29	0.31	2.0	0.275	0.325	1	Analytical or derived from analytical	--	02/2003

## Minerals

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	975	--	102.528	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Iron, Fe	mg	14.55	--	1.587	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Magnesium, Mg	mg	351	--	23.961	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Phosphorus, P	mg	629	--	23.830	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Potassium, K	mg	468	--	34.612	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Sodium, Na	mg	11	--	6.384	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Zinc, Zn	mg	7.75	--	0.536	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Copper, Cu	mg	4.082	--	1.277	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Manganese, Mn	mg	2.460	--	0.723	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Selenium, Se <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	µg	34.4	--	6.162	15.6	97.5	2.0	11.659	57.127	5	Analytical or derived from analytical	--	03/2009

Vitamins

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid	mg	0.0	--	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Thiamin	mg	0.791	--	0.084	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Riboflavin	mg	0.247	--	0.034	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Niacin	mg	4.515	--	0.227	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Pantothenic acid	mg	0.050	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Vitamin B-6	mg	0.790	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Folate, total	µg	97	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	97	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2009
Folate, DFE	µg	97	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Choline, total	mg	25.6	--	--	--	--	--	--	--	--	Calculated or imputed	12201	12/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin A, IU	IU	9	--	6.094	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin E (alpha-tocopherol)	mg	0.25	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2009
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2009
Vitamin K (phylloquinone)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	12201	02/2003
Lipids													
Fatty acids, total saturated	g	6.957	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
14:0	g	0.124	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
16:0	g	4.441	761	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
18:0	g	2.090	761	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Fatty acids, total monounsaturated	g	18.759	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
16:1 undifferentiated	g	0.149	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
18:1 undifferentiated	g	18.521	761	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1	g	0.070	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	21.773	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
18:2 undifferentiated	g	21.375	761	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
18:3 undifferentiated	g	0.376	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1984
Phytosterols	mg	714	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Amino Acids													
Tryptophan	g	0.388	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Threonine	g	0.736	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Isoleucine	g	0.763	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Leucine	g	1.358	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Lysine	g	0.569	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Methionine	g	0.586	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Cystine	g	0.358	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Phenylalanine	g	0.940	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tyrosine	g	0.743	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Valine	g	0.990	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Arginine	g	2.630	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Histidine	g	0.522	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Alanine	g	0.927	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Aspartic acid	g	1.646	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Glutamic acid	g	3.955	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Glycine	g	1.215	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Proline	g	0.810	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Serine	g	0.967	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984



Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003

Flavonoids

Isoflavones													
Daidzein <a href="#">7</a> <a href="#">8</a>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Genistein <a href="#">7</a> <a href="#">8</a>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Glycitein <a href="#">8</a>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones <a href="#">7</a> <a href="#">8</a>	mg	0.0	--	--	0.01	0.01	--	--	--	--	--	--	--
Formononetin	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Coumestrol	mg	0.0	--	--	0	0	--	--	--	--	--	--	--

Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, **USDA Variability of the sugar content of foods**, 1989 Beltsville MD

<sup>2</sup>E.C. Pappa, A.C. Pappas, P.F. Surai **Selenium content in selected foods from the Greek market and estimation of the daily intake**, 2006 Science of the Total Environment 372 pp.100-108

<sup>3</sup>P.P. Sirichakwal, P. Puwastien, J. Polngam, R. Kongkachuichai **Selenium content of Thai foods**, 2005 J Food Comp Anal 18 pp.47-59

<sup>4</sup>R. Abdulah, K. Miyazaki, M. Nakazawa, H. Koyama **Low contribution of rice and vegetables to the daily intake of selenium in Japan**, 2005 International Journal of Food Science and Nutrition 56 7 pp.463-471

<sup>5</sup>A. Askar, H.J. Bielig **Selenium content of food consumed by Egyptians**, 1983 Food Chemistry 10 pp.231-234

<sup>6</sup>Nutrient Data Laboratory, ARS, **USDA National Food and Nutrient Analysis Program Wave 6m**, 2002 Beltsville MD

<sup>7</sup>Liggins, J., Bluck, L. J. C., Runswick, S., Atkinson, C., Coward, W. A., Bingham, S. A. **Daidzein and genistein content of fruits and nuts.**, 2000 J. Nutr. Biochem. 11 pp.326-331

<sup>8</sup>Thompson, L. U., Boucher, B. A., Liu, Z., Cotterchio, M., and Kreiger, N. **Phytoestrogen content of foods consumed in Canada, including isoflavones, lignans, and coumestan.**, 2006 Nutr. Cancer 54 pp.184-201